

## Dry Chewy Chicken Be Gone!

So you're an athlete, maybe a sports person, perhaps a bodybuilder, or even just someone striving for a healthier lifestyle and a better physique to go with it. Whichever you may be, the chances are you already know the importance of a clean, high protein diet. Especially if body aesthetics or staying lean is part of your goal.



With that in mind the chances are you're on top of your nutrition or you're planning to be. We'd like to think this also means that you've tried our balanced high protein meals that are ready to eat hot or cold. As much as we're sure you love our meals, we also recognise you won't want to live on them alone and you'll need to also prepare other choices.

Meal prep can be one of the most challenging parts of living a healthy lifestyle; it requires dedication, organisation and as many of us have found, a little creativity. The creativity part is particularly important as you don't want to fall in to the pit that so many well intentioned athletes do, which is resorting to bog standard safe and boring chicken and rice in a tub. We're not saying it's wrong, but for many the repetition of these often dry, unsatisfying meals can lead to failure as the motivation to continue eating clean fades away.

Which is where we come in - to help you keep eating clean, keep prepping meals but also to keep enjoying them. So we'd like to share some of the little tips, tricks and recipes we've learned first-hand along the way, to help you enjoy clean eating so that you can stick to it and smash your body goals.

Now when it comes to clean eating and clean high protein sources, white meat is always a winner. Chicken and turkey breast are both high in protein (they average 21g protein per 100g) and naturally low in fat, ideal! These meats do have something else in common though, they are easily overcooked and can be typically dry in texture. On a very clean diet where you may be wary of using sauces and dressings, dry textured meat can be a bit of a chore when you're eating serious amounts on a regular basis. Which is why our very simple meal prep tip of the day is to try baking rather than grilling your white meat.

It sounds simple but so many will reach straight for the pan or the grill to prepare chicken as this is typical of so many common meals. So why is baking a better option?

- Baking is better for batch cooking as you can cook large amounts of meat at one time
- Requires far less manual attention than pan frying or grilling
- Follow our method and you can also lock in moisture keeping meat juicy instead of dry
- Seals flavour in to the meat better when seasoned or marinated

What about the method? Let's say we're using chicken breasts, roughly 100g each.

- Remove any skin from breasts if not already skinless
- Half the breasts straight down the middle creating two strips of equal thickness
- Cut slits into the meat all the way along the strip to allow seasoning or marinating to penetrate the breasts better
- If marinating smother in marinade and leave in the fridge either overnight or for 4+ hours
- If seasoning rub in seasoning paying attention to those slits you've cut
- Place meat on a bed of tin foil (or baking dish) close together and then wrap foil tightly over the top so that the meat is sealed in
- Place on a baking tray and place in to a pre-heated oven at 190 degrees (middle shelf)
- Check on your meat but based on a full tray of the size breasts described they should take roughly 25minutes to cook and remain succulent and juicy

Serve and eat as much of your juicy chicken breasts as you want immediately and simply store the rest in the fridge, it should keep for up to 3 days with no issues what so ever. All going according to plan you should notice the difference and find the method more convenient for cooking larger batches than if you fry or grill.

Preparing your white meat for your high protein meals doesn't need to be overly labour intensive and you don't need to settle for dry, hard to chew, boring chicken. So don't!

Let us know how you get on and please share with us your clean, high protein baking recipes. We're always looking for inspiration.

The Nutripak Team

*Tags: high protein meals, meal prep, clean eating, high protein diet, nutrition*